

**2011 BCMML Okanagan Rockets Tryouts**

**Rutland Arena**

**Thursday, Aug 6**

3:30-4:45pm Goaltender Registration  
5-6:30pm Goaltender Session  
7-8pm Goaltender Exit Meetings

*\*\* Goaltenders Released after session receive a 50% registration refund from BCMML \*\**

**Friday, Aug 5**

4-5pm Player Registration  
5-6pm Player/Parent Orientation Meeting  
6:30--7:45pm Game 1 (1 vs 2)  
8-9:15pm Game 2 (3 vs 4)

**Saturday, Aug 6**

9-10:15am Game 3 (1 vs 4)  
10:30-11:45am Game 4 (2 vs 3)  
  
12:30- 1:30pm Team 1&4 Off Ice Testing – 1 Mile timed run & 1 minute push up test  
1:30-2:30pm Team 2&3 Off Ice Testing – 1 Mile timed run & 1 minute push up test  
  
3:30-4:45pm Game 5 (1 vs 3)  
5-6:15pm Game 6 (2 vs 4)

**Sunday, Aug 7**

9:30-10:45am Game 7 (1 vs 2)  
11-12:15am Game 8 (3 vs 4)  
  
12:30-2:30pm Player Exit Meetings  
12:30-1pm (approximately)  
- Team 1  
1-1:30pm (approximately)  
- Team 2  
1:30-2pm (approximately)  
- Team 3  
2-2:30pm (approximately)  
- Team 4

Notes:

**Games**

- 3 periods, 20 minutes Running Time
- 5 minute Warm Up
- Rotate goalies appropriately
- Penalties
  - No one goes to box
  - 2 min goes up on clock for countdown then back to even strength
    - Will do 5x4 and 5x3 if presented